



## **BOTTLE FEEDING TIPS**

Bottles are the main way infants receive nutrition, but they can also have negative side effects. Prolonged bottle-feeding is linked to iron deficiency in toddlers, and early childhood caries or cavities in infants. If you are cautious about how you use a bottle with infants and toddlers, these two serious problems can be avoided. This article will show how to avoid these problems.

Bottle-feeding for too long can result in the iron deficiency which can lead to anemia and cause things like learning and behavior problems. In most cases, bottle feeding should be discontinued after 12 months of age. There are about 3.8 million American children at risk for iron deficiency anemia. The longer bottle feeding continues after the child turns one year, the greater the chance the child will develop anemia. Parents and caregivers should start to introduce the sippy cup when the child is 9 months old, so they can be off the bottle by their first birthday.

Early Childhood Caries (ECC) or cavities can set a negative tone for a child's dental health for their entire life. The most common cause of ECC is prolonged exposure of the teeth to liquids containing sugar. Some of these liquids include: Juices, soft drinks, punches and even milk or formula. Bacteria on the teeth use these sugary liquids as fuel to create cavities. Damage to teeth can also come from using a sippy cup with sweetened liquids or from sugary snacks. Decay is a result of having these liquids and snacks available throughout the entire day and not just at feeding times.

There are many ways to keep a child safe from cavities. Do not put the child to bed with a bottle or sippy cup. Do not fill the child's bottle with sugary liquids like punch or soft drinks. Do not dip pacifiers in honey or syrup, and do not make them available to kids all day. Gently wipe the child's teeth or gums with a clean washcloth after each feeding to remove plaque. Begin to brush the child's teeth as soon as they have teeth. After the baby is six months old, use fluoridated water or a fluoridated supplement.

By taking action when a child is young, you may avoid dental problems as they grow.



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**Learning Objective:** After reading the article, the provider will be able to discuss several ways to feed infants and toddlers and avoid anemia and dental caries.

1. Prolonged bottle-feeding is linked to \_\_\_\_\_ deficiency and early \_\_\_\_\_ in infants and toddlers.
  
2. These two problems cannot be avoided  
a.) true b.) false
  
3. Iron deficiency can lead to \_\_\_\_\_ and cause problems like learning and behavior problems.
  
4. Children should not be bottle fed after they turn a year old.  
a.) true b.) false
  
5. A bottle should be introduced at 9 months old. a.) true b.) false
  
6. The most common cause of \_\_\_\_\_ is prolonged exposure to liquids containing sugar.
  
7. It is fine to make sugary liquids and snacks available to an infant or toddler all day.  
a.) true b.) false
  
8. Do not put a child to bed with a sippy cup or \_\_\_\_\_.
  
9. You should brush the child's teeth when they get them, but don't wipe their gums after a feeding.  
a.) true b.) false

After a baby is \_\_\_\_\_ months old, you should use fluoridated water or a fluoride supplement.



# Certificate of Completion

THIS CERTIFIES THAT

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Has completed 1 hour training in Early Childhood and Development  
Self Study Module-Quiz must be attached for certificate to be valid

This training meets the requirements for the Texas Protective and Regulatory  
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